

Sternum Drills

Sternum drills are drills that can be used to develop entry mechanics, sprint and rotational phases in the middle of the ring, and a proper power position in the rotational shot put and discus throws. The basic theory behind sternum drills is to take the implement off the neck or out of the hand in order to let the athlete concentrate on the movement in the ring initiated with body posture and using their legs.

The focus of the drill is to take a shot, discus, bat or towel and hold it directly in front of your sternum. The athlete starts the movement in the back of the ring as if they were going to begin a full turn and executes their technique in the ring and lands in the power position. The shot or discus or towel should remain directly in front of the chest (on the sternum) at all times during the movement. For rotational shot putting the shot is held just inches from the chest with both elbows extending out at direct angles from the shot. In the sternum discus drill a discus can be held in the same fashion as the shot or a towel can be held out at arms length trying to keep it centered on the sternum during the execution of the drill. Holding the towel at arms length adds the benefit of being able to concentrate on body positions in the movement with more feel for the orbit path of the discus.

These drills often help the athlete execute proper entry mechanics without being able to use their arms to help them get around out of the back thus allowing the athlete to focus on body posture and the use of their legs to execute the proper movement patterns in the entry, in the sprint and rotation phases in the middle of the ring and in the power position. The drill also allows for the coach to have an additional coaching cue for landing in the proper power position as they can be directed to correct their body positions in the ring by talking about where their sternum is located at certain points in the throw.